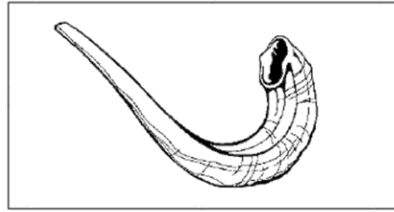


GREEN VALLEY SHOFAR



Vol. 23 No. 2

March/April 2018

Beth Shalom Temple Center

President's Message

What keeps all of us renewing our memberships is that we have found a place where we can confront the central questions of our existence. When that happens, the synagogue becomes a place where we connect to something larger than ourselves--to our community, to ideas that can transform our world.

If I've learned anything, it's that we are an incredibly diverse group of individuals. Some of us can read, write and speak Hebrew fluently and others not a word. Some of us are Jews whose lives revolve around our affinity for Judaism while others feel challenged to relate to Jewish teachings, and in fact, may be asking "why I am here today?" Maybe some don't see what we do here as relevant to us or to our lives.

We seek many different things from our community. Some are at Beth Shalom Temple Center's events six times a month seeking to understand our Jewish heritage, identity, increase our education, observance and spirituality while others of us come three times a year. That pretty much sums it up. We have put out an all-inclusive welcoming mat, our arms wide open to greet you to provide a hospitable tent to accommodate all who wish to join us, whenever that is. I assert that our greatest challenge is to solicit our ever-increasing unaffiliated neighbors.

We've all chosen to be part of the Beth Shalom Temple Center family. Our congregation is a place where people come together, where they congregate, but our BSTC family is more than that. It is a network of support and relationships. The more you take part, the more you build those relationships, the more connected you feel. When we become part of our BSTC Family, we become part of something much larger than ourselves. It has been that way for me.

What we have is truly special. Beth Shalom Temple Center provides a haven from the pressures of the world, a place where you can develop close friendships, a spiritual life, and a way to infuse your life with a richness not found any other way. There is no better way to integrate yourself than by joining one of many diverse committees. They help shape the direction of our programs. Our synagogue is a dynamic place with energized people who want to make things happen. I encourage all of you, to step forward to become more involved, even if it's only doing one more thing this year than you did last year.

With your help we will be able to not only carry on the fine traditions that have been established by those who have come before us, but we will also be able to reach new and greater heights. Please contact one of our 2018 BSTC Committee Chairs, and say, "When is the next meeting, I want to get involved."

COMMITTEE	CHAIR/CO-CHAIR
Aesthetics	Tobey Gitelle
Art Gallery	Marcia Wiener
Bagel Breakfast	Ingeborg McDonald
Book of Remembrance	Suenette Maron
BSTC Shoppers	Michael Benisch and
"	Michel Kouhana
Building Reservations	Amy Storer
Caring-Mishpochah	Jo Legat
Cemetery	Ingeborg McDonald
e-Scrip	Joyce Finkelstein
Event-Updates	Jane Gold
Facilities	Michael Benisch
Facebook	Danielle Wernick
Finance	Jo Legat
Genealogy Club	Karen & Eric Rautenberg
Grants	Eric Rautenberg
Historian	Gloria Clancy
Hospitality	Michel Kouhana
"	Ingeborg McDonald
Library	Sonny Foigelman and
"	Linda Stein
Jim Click Raffle	Steve Abrahams
Memorial Board/Yahrzeits	Joyce Finkelstein
Membership	Mike Finkelstein
Men's Club	Ed Brill
Mishaberach	Jo Legat
Oneg	Ruthann & Sid Shapiro
Programs	Ruth Barwick
"	Kay Sobol
Public Relations	Mike Finkelstein
Ritual	Ruthann Shapiro
"	Jo Legat
Security	Dan Galitz
Shofar	Esther L. Brill
Sisterhood	Sue Cohen
Tributes	Amy Storer
Website	Mike Finkelstein

2018 Board of Directors

President	Merle Sobol
Vice President	Esther Levine Brill
Vice President	Ruthann Shapiro
Treasurer	Jo Legat
At Large	Steve Abrahams
At Large	Ruth Barwick
At Large	Michael Benisch
At Large	Mike Finkelstein
At Large	Ingeborg McDonald

GREEN VALLEY SHOFAR

The Official Newsletter of
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NEWSLETTER SUPPORT STAFF: Ingeborg McDonald,
Marilyn Forstot, Mike Finkelstein, Ed Brill, Stacy Laetsch

The editor reserves the right to edit contributions for
grammar, length and content. Community and member
news will be published only as space permits.
Community or member events that conflict with Temple
events will not be publicized in the Shofar.

MAIL TO THE TEMPLE

To expedite delivery, any mail sent to the temple should be
addressed to: P.O. Box 884, Green Valley, AZ 85622.
Sending mail to the Rio Mayo address may result in a delay.
To expedite delivery please include the name of the person
you wish to contact on the front of the envelope.

For information on the *Memorial Board* and *Yahrzeits*
contact Joyce Finkelstein by phone or by email.

For information on *Tributes or Commemorative* items,
contact Amy Storer.

For information on the *Green Valley Cemetery*, please call
Ingeborg McDonald.

SENDING IN CHECKS TO BSTC

If you are sending in a check to BSTC and not using our
website to pay, either by PayPal or credit card, make
sure, your check as well as the envelope indicates the
program/event for which you are paying.

TEMPLE USAGE SCHEDULING

Before scheduling a program, please contact Amy Storer.
This will avoid scheduling conflicts. If you wish to have your

program included in the Shofar calendars, notify the Shofar
editor.

Not all scheduled events are included in the Shofar.
Deadline for Shofar copy is the 15th of each month.

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CALENDAR OF EVENTS

Friday, March 2, 7 p.m. **Friday Night**
Shabbat Services - Sisterhood Shabbat, services led by
Sisterhood members with *Oneg*

Saturday, March 3, 10 a.m. **Torah**
Study. Parasha Ki Tissa

Sunday, March 4, 9:30 to 10 a.m.,
Michael G at the piano (Before Bagel Breakfast)
10 a.m., **Bagel Breakfast** with **Tucson Song Festival**
Director George Hanson

Tuesday, March 6, 6:30 p.m., **Ritual Committee Meeting**

Tuesday, March 6, 2. p.m., **Introduction to Kabbalah**

Wednesday, March 7, 9 a.m., **Men's Club Meeting** at BSTC

Friday, March 9, "**Our Garden, My Garden, Feelings of Nature**, Start of New BSTC Art Gallery Exhibition

Saturday, March 10, 10 a.m., **Torah Study** led by Rabbi Miri Fleming, *Parashh Vayakhel-Pekudei*

Sunday, March 11, 11:30 a.m. **Planning Meeting** for those interested in going on Sisterhood Trip to Musical Instrument Museum

Tuesday, March 13, 10 a.m., **Sisterhood Board Meeting**, all welcome

Tuesday, March 13, 2 p.m., Adult Education, **Introduction to Kabbalah**

Friday, March 16, **NO** Friday Night Services

Saturday, March 17 10 a.m., **Shabbat Morning Services**, *Parasha Vayikra*, led by the Mussmans. *Kiddush* lunch to follow and then Torah Study

Sunday, March 18, 2 p.m. **Michael G and Friends in Concert**, \$10

Tuesday, March 20, 2 p.m., Adult Education, **Introduction to Kabbalah**

Friday, March 23, **RSVP's due** for Passover Seder \$16 per person members, \$20 per person, non-members. Members children/ grandchildren, age 15 and under, admitted free. Contact Merle

Saturday, March 24, 10 a.m., **Torah Study**, *Parasha Zav*

Monday, March 26, 10 a.m., **Board Meeting**

Tuesday, March 27, 10 a.m., **BSTC Genealogy Club**

Tuesday, March 27, 2 p.m. Adult Education, **Introduction to Kabbalah**

Friday, March 30, 5 p.m. **BSTC Annual Community Seder**, **RSVP by March 23**

Saturday, March 31, 10 a.m., **Torah Study**

Saturday, March 31, **First Day of Pesach**, second *Seder* after sundown

Sunday, April 1, Second day of Passover

Tuesday, April 3, 6:30 p.m., **Ritual Committee Meeting**

Tuesday, April 3, 2 p.m., **Introduction to Kabbalah**

Wednesday, April 4, 9 a.m., **Men's Club** at BSTC

Friday, April 6, **NO** Friday Night **Services**

Saturday, April 7, 10 a.m., **Service and Yizkor** followed by **Torah Study**. **Note: Pesach ends at sundown**

Sunday, April 8, 9:30 a.m., **Michael G at the piano** 10 a.m., **Bagel Breakfast** follows.

Tuesday, April 10, 10 a.m., **Sisterhood Board Meeting**,

Tuesday, April 10, 2 p.m., **Introduction to Kabbalah**

Thursday, April 12, **Yom Ha Sho'ah** (Holocaust Remembrance Day)

Weekend of April 13 – 15, **Sisterhood Outing to Musical Instrument Museum in Phoenix**

Saturday, April 14, **NO Torah Study**, *Parasha Shemini*

Sunday, April 15, 3 p.m.to 5 p.m., **Reception for Art Gallery Exhibit**, all Welcome.

Wednesday, April 18, **Yom Ha Zikaron** (Memorial Day for Fallen Soldiers of Israel and Victims of Terrorism)

Thursday, April 19, **Yom Ha-Atzma'ut** (Independence Day commemorating Israeli Declaration of Independence in 1948)

Friday, April 20, 7 p.m., Friday Night **Shabbat Services**

Saturday, April 21, 10 a.m. **Torah Study**, *Parasha Tazria-Mezora*, led by the Mussmans

Sunday, April 22, 1:30 p.m., **Unveiling for Cyril Bandy** at Green Valley Cemetery

Monday, April 23, 10 a.m., **Board Meeting**, all welcome

Tuesday, April 24, 10 a.m. **BSTC Genealogy Club Meeting**

Saturday, April 28, 10 a.m., **Torah Study**, *Parasha Aharai, Mot-Kedoshim*

MEMBER NEWS & UPDATES

Birthdays: Happy Birthday to:



March 1	Dick Cavell
March 1	Janet Kenigsberg
March 5	Kay Sobol
March 6	Rosalind Cooper
March 10	Gloria Clancy
March 12	Gary Melton
March 17	David Morrison
March 23	Ann-Marie Schaffer
March 26	Larry Melnick
March 29	Jack Vishner
March 30	Jo Legat
April 6	Michael Benisch
April 8	Irene Miller
April 9	Sara Benisch
April 17	Helene Feldman
April 20	Ingeborg McDonald
April 30	David Wyte
May 2	Amy Storer

Have a great day and year.

Anniversaries: Happy Anniversary to:

March 18	Ceylon Kelly & Michel Kouhana
March 21	Eric & Karen Rautenberg
April 17	Harvey & Marilyn Beim
April 18	David & Donna Wyte
May 8	Fred & Jo Legat



Continue to celebrate in health, happiness and Joy.

A hearty BSTC welcome to our new members

Genie Gordon

Jeff and Rosalind Cooper

Gary Pierce Melton

Lucy Graham

Meet Our Members

David and Genie Morrison

Hello *Chaverim*! David is an Arizona Native, semi-retired (refrigeration), and has served on the fire district Board of Directors.

Genie is a retired Top Dog of a wholesale food company and Jew-in-training... after 39 years of marriage!

We enjoy hunting, camping, ghost towns, and heritage cooking. We especially enjoy Shabbat, celebrating Pesach with a "Frontier Seder" in the desert, and Shavuot.

We look forward to meeting the BSTC Community and participating in Temple activities.



Ina and Larry Gravitz

Most recently from St. Louis Park, a small city next to Minneapolis, MN where we were active members in both Reform and Reconstructionist Synagogues.

We both grew up in New York City. Ina in Manhattan and Larry in Brooklyn. After marriage we lived in Columbia, SC for two years and then moved to Suffolk County, Long Island. From Long Island we went to Minnesota (Twin Cities area) to be near our grandchildren. The next move came in 2017 when we moved into La Posada.

Proud parents of two daughters, we now have the pleasure of three grandchildren ages 22, 20 and 7. Both daughters live in Minneapolis.

Ina is an indexer; now free lancing having worked with publishing houses and individual authors. She also was one of the indexers of the 2nd edition of the Encyclopedia Judaica. Larry is a retired dentist.

Both of us have a deep interest in southwest archaeology and often travel on tours sponsored by The Arizona State Museum. We love to learn about the early inhabitants of this land, how they lived, their architecture, pottery and rock art.

We are looking forward to getting to know our new BSTC community

COMMEMORATIVE ITEMS:

The following commemorative items are available for purchase to honor or memorialize one:

Memorial plaques, \$300
Sanctuary Chair, \$125

Leaf for the Tree of Life, \$100
Garden Bench, \$225
Garden Brick, \$100

Send specific wording for the plaque, brick, etc. together with your check (made out to Beth Shalom Temple Center) to BSTC, Attention "Memorial Board" or "Tree of Life," etc. Order forms can be found in the Temple foyer.

TRIBUTES

Do you need to send a greeting card? Do you want to support your Temple? Here's a great way to do both. At present, Amy Storer, will mail a lovely, personalized card to whomever you choose. Here's how to do it:

Send your Tribute request and free-will offerings to:

1. Amy Storer directly, or
2. Email Amy and send your check to
Beth Shalom Temple Center, P.O. Box 884, Green Valley, AZ 85622 (mark "Tributes" on the envelope and check memo line!) or
3. Mail your request and tribute directly to the temple.

If ordering several Tributes at the same time, print the birthday/anniversary page of the Shofar, check off the names of those you'd like to designate for Tribute(s), and mail it in with your check. Tributes may be sent with your own personal greeting for birthdays, anniversaries, get well, condolences, best wishes for the new home, in appreciation, mazel tov, and sympathy upon loss of a pet, etc.

Tributes

To:

Marcia Wiener on the death of her brother in law, Charles Katz from Ed and Esther Brill

Sid Shapiro for his quick recovery from surgery from Ed and Esther Brill

Beverly Lake and Les Bakke for his yeoman work in trying to straighten out my and the synagogues computers, presentation equipment and internet workings from Ed and Esther Brill

Jerry Belenker for a *refua'h* shleimah -a quick recovery from Esther and Esther Brill

Lou Simon for a *refua'h* shleimah from Ed and Esther Brill

Marcia Wiener for good luck in her new home from Ed and Esther Brill

Yahrzeits

Beth Shalom Temple Center will provide reminders of yahrzeits, and the name(s) of your loved ones will automatically be recited for Kaddish at the appropriate Sabbath Services according to the Hebrew calendar. If your yahrzeits are not yet on the current list and you wish them to be, please email Joyce Finkelstein at mfinkel2@cox.net (or send a note to the Temple for her attention) including your name, the name and relationship of deceased, and the date of death.

Yahrzeit Donations have been

	received from:	for his/her	
Jan.5	Sig Friedman	Mother	Elsie Friedman
	Jansen Chazanof	Father	Zev Chaszanof
Jan 12	Helene Feldman	Father	Robert Snyder
Feb 2	Eileen Rottell	Son	Chuck Rottell
Feb 18	Jansen Chazanof	Mother	Helen Chaszanof
Feb 18	Ina Gravitz	Father	Joseph Alster

Temple Tidings

March 4 Bagel Breakfast

Hope you have reserved your spot at the March 4 Bagel Breakfast. It is sure to be a packed house as we welcome Tucson Desert Song Festival Director, George Hanson. Said to be a protégé of Leonard Bernstein, he served as Bernstein's assistant for seven years.

The world has been celebrating Bernstein' centennial since August 25, 2017, (the day of his 99th birthday) and will continue to do so until August 25, 2019. Now, thanks to the generosity of the Jewish Federation of Southern Arizona, we too are participating in the celebration as Hanson discusses his years with Leonard Bernstein. The Federation is hosting us as their guests. This editor erroneously reported the usual Bagel Breakfast fees for this event. So, enjoy and hope to see you there.



Jim Click Raffle

Jim Click is once again offering raffle tickets to eligible nonprofit organizations, of which BSTC is included. The raffles are \$25 for one or \$100 for five. The best thing about this raffle is that 100% of the proceeds go to the particular organization selling the raffle for their services and programs, and that means us!

Of course, you get to profit as well – at least, hopefully, as the Grand Prize is a 2018 Jeep Grand Cherokee Summit and the second prize is two round-trip, international, first-class plane tickets, while the third prize is \$5,000 in cash

New Board member Steve Abrahams has graciously accepted chairmanship of this endeavor. You can call or email Steve or see him at a temple event. Tickets must be purchased by December 7 and the drawing is December 13. Here's hoping one of us is a winner.

An Afternoon of Musical Entertainment

Member Michael Gervan, better known as Michael G, is a successful, talented musician, vocalist, percussionist, composer and arranger. We luckily get to hear him play monthly prior to BSTC's Bagel Breakfast.

Now Michael, along with his friends Ken Barry and Glenn Gross, is offering an afternoon of a variety of music and entertainment on Sunday, March 18 starting at 2 p.m. Michael G has arranged the music for this event and will also be on the piano keyboards and doing vocals, while Ken Barry will be on tenor saxophone and flute and Glen Gross on trumpet. Musical styles will consist of jazz, Latin, bossa nova, blues, the great American songbook and more.

A \$10 donation is requested and will benefit Beth Shalom Temple Center.

Please Join Us in Celebrating Passover Together

This year BSTC is having its annual Seder the first night of Passover, March 30 at 5 p.m. The decision to move it to the first night was made to accommodate our chef Michel Kouhana's request, to not cook in the temple on Saturday for the usual second night of Passover Seder.

The spirit, the service and the food will be as delicious, inspiring, and engaging as it usually is. The menu consists of the traditional Seder Plate with all the ritual accoutrements, chicken soup with matzah balls, gefilte fish with horseradish, Cornish game hen with mixed vegetable succotash, potatoes Anna, fruit, dessert and wine or grape juice as well as coffee and tea. There is a vegetarian/vegan option available upon request.



The cost for this Seder meal is \$16 per person for members and \$20 per person for non-members. Children and grandchildren of members under the age of 15 will be admitted at no charge.

Please **RSVP by March 23** to Merle Sobol by phone or email. Be sure to include the number of guests who will be accompanying you. You can mail your check to BSTC with Seder on the memo line or through our website. Have a "*zissene pesach*" (a sweet Passover).

Torah Study

We are fortunate again this year to have Rabbi Miri Fleming and Michael Mussman leading Torah Studies on an alternating monthly basis. Rabbi Miri will join us March 10, May 26, July 28, Sept 29 and Nov 17. Michael Mussman led on February 17, and will lead on April 7, June 16, August 18, October 20 and December 15. April 7 is the last day of Passover and therefore we will also have a service that will include Yizkor followed by a Passover kiddish luncheon.

Each of these individuals adds their own perspective about the Torah to that of the class members, thus creating a lively conversation. If you have never been to Torah Study or it's been a long time, please join us. Unless there is a Saturday service, Torah Study is from 10 a.m. to noon. *Ruthann Shapiro*

Kabbalah Class

It's not too late to join our very successful Kabbalah class which meets every Tuesday from 2:00 to 3:15. Our teacher, Mark Rosenberg, is very knowledgeable on the subject and makes it easy for the layperson to understand. To bring yourself up to date, check Mark's website - mysticismandkabbalah.weebly.com. This website gives each week taught "at a glance". No knowledge of Hebrew is needed. *Ruthann Shapiro*

Talk to Us and Tell Us What You Think

If you get a phone call asking you about your membership, don't be surprised. Mike Finkelstein, Chair of the *Membership Committee*, has asked his committee members and other volunteers to reach out to members who have joined since our membership initiative started in 2016. We hope you take the time to talk, or to return their call.

BSTC is interested in knowing about your experiences, both positive and negative. So, tell us your thoughts, for example, about the services, which aspects of the Temple most appeal to you and where do we need improvement. Our goal is to learn from the past, so we can improve the future.

We thank you for taking the time to talk with our callers.

Have You Noticed...

our new heating and cooling systems throughout the synagogue? Michael Benisch, as facilities manager, had been hard at work trying to maintain our old systems for quite a while now, but you can only fix so much. So, when someone complains about it being cold you don't have to do what my mother used to tell me, "put on a sweater Esther" in her thick Maine accent. Now we just have to adjust the thermostat to either lower or raise the temperature to meet the environmental conditions.

Mike Benisch also negotiated with the Cox Cable company and upgraded our internet connections that will cover the entire synagogue. We now have 2 connections –one reserved for the office, and the other for all other uses including showing movies, YouTube videos and other offerings from the internet, without interrupting the program for "buffering" because our bandwidth is too slow. For you techies out there, and I hope I have this correctly, we can now upload things at 100 mb/sec and download at 30 mb/sec which, as I understand it, is a vast improvement on what we had. *Yasher coach* Mike and a great, big, thanks.



Thanks also to Les Bakke, husband of new member Beverly Lake, who assisted Mike with getting the internet connections right as well as making sure all our connections, e.g. microphone, sound system overhead screen, computer, etc. etc., were all connected properly and in working order. You are a real addition to our temple (as is your wife).

ART GALLERY – SPRING GALLERY SHOW

Once again, Marsha Wiener, Chair and curator of BSTC's Art Gallery has done it again with a Spring Gallery Show that brings to us a unique perspective of the world of art -- **"Our Garden, My Garden, Feelings of Nature."** Members of the Santa Rita Art League of GVR is presenting a *Plein Air* (no it's not a misspelling it refers to outdoor paintings) of BSTC's Garden. The show runs from March 9 to May 3.

Accompanying the show will be photographs of "Artists at Work" by Bill Liebson, a talented photographer and member of our temple. You may recall from his bio in the January-February issue of the *Shofar*, Bill's interest in photography began when he was young and "now in his retirement he is enjoying digital photography.

A reception for this exhibit will be held on Sunday, April 15 from 3 p.m. to 5 p.m. Reception attendees will not only be able to visit our Art Gallery but "our garden" as well. If this wasn't enough, we will be able to listen to a **Master Gardener** followed by a Q and A.

Of course, refreshments will be served, and all are welcome, so bring a friend. *Marcia Wiener*

SISTERHOOD

Come Share Your Ideas and Journey with Us: Planning Meeting to Finalize Sisterhood Field Trip to Musical Instrument Museum

On Sunday, March 11, at 11:30 Sisterhood is holding a meeting at BSTC to discuss options for visiting the museum as a group, scheduling, carpooling requests, linking up for certain meals if desired, places to stay near the museum, as well as other popular sites in the area. *Sue Cohen*

Join Us at the Musical Instrument Museum

Sisterhood is hoping that members and friends will join in visiting the Museum of Musical Instruments in Phoenix the weekend of April 13-15. This museum, *located at 4725 East Mayo Blvd.* and open 9 a.m. to 5 p.m. daily, with a tremendous array of over 15,000 instruments from every part of the globe. It is the finest and most extensive collection of instruments in the world and visitors can actually hear the sounds of most of them, courtesy of a headset provided to everyone with the \$20 admission to the museum. Your self-guided tour enables lingering at will, taking photos of more exotic pieces, while still remaining with your fellow Green Valley travelers.

A delightful cafe in the building offers a global menu and a perfect respite from exploring, and in the evenings, there are special concerts (at additional cost) performed in the acoustically superb auditorium of the museum. Sisterhood is advocating a tour of the museum on Saturday simply because the number of school children visiting during the week often block one's clear view of the exhibits. There are several reasonably priced hotels quite near the museum for you to spread out your sightseeing. These places were sent to you in an email by Jane Gold, however it will also be attached to the email announcing the *Shofar's* publication on our website as well as shared, as mentioned, at the above-mentioned planning meeting. *Sue Cohen*

Sisterhood's Women's Assistance Project

For over seven years the Sisterhood has helped support the Domestic Violence shelter here in Green Valley called Genesis House. Established in 2007 with only 16 beds, it has now increased to a 50-bed facility and has provided over 80,000 bed nights to victims as young as 2 months and as old as 86.

As vital as the shelter is, just as important is the physical, dental, mental and legal assistance for the victims. Also available is transportation, schooling, employment training and assistance in finding permanent housing.

As you may know, part of the proceeds from our annual Mah Jongg tournament goes to Genesis House. Please help increase our efforts by donating either cash or gently used items to the DaZee's thrift shop at 231 West Duval Road. The hours are 10 a.m. to 3 p.m., Monday thru Saturday and their phone number is 399-4671. Donations are tax deductible. *Gail Norton*

Men's Club

For now, the Men's Club is meeting at BSTC at 9 a.m. bringing snacks or whatever they want to munch on while the Men's Club will supply the coffee and clean up after themselves. Since there are several poker enthusiasts among the group, they hope to have a poker game following the meetings.

Members recently discussed various ways they could use excess funds to help the world community. While 2017 natural disasters in Texas, California, and Florida have received a lot of attention and support, Puerto Rico continues to struggle from the lingering effects of Hurricane Maria. Getting electricity and water to all remains a challenge. Mike Finkelstein, treasurer of the Men's Club, has made a \$500 donation on our behalf to Temple Beth Shalom in San Juan, Puerto Rico.

In return, Mike received a lovely note from the Temple's President, Dr. Emily Krasinski on behalf of her temple's board. In part her note read:

I would like to express our sincere gratitude for your generous donation of \$500 towards hurricane relief. This has been a very trying time for us, as well as for all of Puerto Rico. It is heartening to know that people like you are genuinely concerned for our welfare. Your contribution is deeply appreciated.

Several activities are being planned. The first one is **a trip to the Gaslight Theatre** in Tucson arranged by Dan Galitz for Tuesday April 17. The show we will be seeing is *Rockabilly Raceway* starting at 7 p.m. For those who have never been to this theatre, it is a two-hour program filled with lots of comedy and excellent singing and music.

We have reserved the front two rows and the special ticket cost is only \$18 per person. Carpooling from the temple is an option as is dinner before the show in an on-site 50's style diner, *Little Anthony's*. Food and drink may also be purchased at your table in the theatre.

We have a limited amount of tickets available. If you are interested in going please contact Dan Galitz as soon as possible, either by email or phone for reservations and further details.

Men's Club continued...

Also, in the works is a repeat of our movie and popcorn program. Last year there was a screening of the Israeli film *Walk on Water* which was very well received. They hope to duplicate their success with a **showing of *Nowhere in Africa***, winner of the 2002 Best Foreign Language Film Oscar, as well as five 2002 German Film Awards, including best film, director and cinematography. The film was written and directed by Caroline Link and is based on the best-selling autobiographical novel by Stefanie Zweig about WWII Jewish German refugees in British East Africa. The film is on order and the date for showing the movie will be published to the entire BSTC community shortly. *Ed Brill, Mike Finklestein and Dan Galitz*

SORRY YOU MISSED IT

Sisterhood Paid Up Luncheon

Marie Pritchert, our Green Valley Hat Lady, was the featured guest at the Sisterhood Paid Up Membership Luncheon, on Tuesday, January 16, 2018. Marie, the youngest child of 4 sisters and a brother, watched each Spring and Fall as her mother would take her older sisters shopping for hats. Soon, Marie was hooked on owning her own hats.

About 40 years ago, Marie and her family moved to Osceola, Iowa where she joined several clubs. One of them, a Research Club, asked that each member present a program to the group. Marie chose to do a hat show program and the rest, as they say, is history.

Marie owns approximately 150 hats, and some have their own wonderful stories behind them. Her two favorites are a gray hat with dancing feathers all around it and a polka dot hat with matching gloves. Marie has twice entertained Iowa Governor Vilsach with her shows.

In 2015 Marie moved to Green Valley and became Donna and David Wyte's friend and neighbor. Donna, finding out about Marie's hobby, arranged for her to come and entertain the Sisterhood. Marie charmingly and with a sense of humor, modelled some of her collection of hats. Along with her hats she told stories and reminiscences of buying the hat, the time period the hat was worn as well as where it might have been worn. Interspersed with her hats and reminiscing Marie recited poetry evocative of her past and the hats' history.

Her presence, poetry and chapeaus were very much appreciated by the 30 plus ladies in attendance. Some came modeling their own hats. There was even cake hats and cookies made by Jeannette Nathan. As usual, Jeanette's cakes are works of art themselves and each person attending received a raffle ticket to take one of two cakes home. Sherry Hoffman-Blum made the tables look fabulous, complete with party favors of donated costume jewelry.

Thanks also go out to Michel Kouhana for the wonderful luncheon he prepared. Bravo! Thanks, too, to the Sisterhood Board members who planned and made this event happen and a special thank-you to Gail Norton for the beautiful and lovely flyer. Shalom, *Donna Wyte (Editor's note: and thank you Donna for suggesting and arranging for this program)*

Tucson Jewish Film Festival, *Monsieur Mayonnaise*

The Men's Club organized an outing to the Tucson JCC for brunch and a movie on January 21. Mike Finkelstein kindly arranged it, so our group could sit together for what was advertised as a "French brunch". The brunch got mixed reviews with some feeling that the food wasn't plentiful or French enough, to justify the price charged (\$18).

The movie was a whole different story altogether, both literally and figuratively. It told about an Australian artist and filmmakers' search for what his father, lovingly called Monsieur Mayonnaise, lived and did both before and during World War II. Phillipe Mora, traveled in Europe, the United States and Australia tracking down people and places associated with his father, George Mora. The stories are unbelievable but true as are many Holocaust tales. Interspersed among the travels and the information and people Mora discovered were bold, graphic pictures that illustrated some aspect of people and places he encountered. It was as if Mora was going to make a graphic novel like *Maus* but much more colorful and lively.

My favorite account was that of his father and his buddy Marcel Marceau (yes, the famous mime and god-father to Mora) dressed up as nuns and smuggled Jewish orphans out of France and into Switzerland. One of Esther's favorite tales was Mora meeting an elderly child psychiatrist who was one of those boys smuggled out and who went into to child psychology supposedly because Mora's father asked him what he wanted to do with his life. The psychiatrist related how he wanted to help children just like the older Mora did.

In all it was a great movie, a great and moving story, and one that I unabashedly recommend. *Ed Brill*

Sisterhood's February Program on Fall Prevention

The Sisterhood program on February 20 welcomed Bridget Lehmann to BSTC to address the many facets of fall prevention. Bridget, a certified fitness trainer, nutrition specialist, and integrated health specialist with a broad training in pharmacology; works with every level of physical ability ranging from clients with Parkinson's disease to those who have had a stroke to those who simply want to remain "tastefully" vertical when we rise.

The program began with a series of exercises that can indicate our balance and risk for falls that included measuring response time from sitting to rising to a standing position, walking a short distance and then returning to our seats. The importance of such things as stretching and breathing properly, and focusing on posture while exercising, were emphasized and practiced. Another exercise we practiced was engaging in processing information to illustrate the idea of "mindfulness" when we are exercising. Wearing proper shoes was stressed as well and we were made aware of shoe stores in Tucson which measure and photograph feet to determine special needs. Dick's Sporting Goods monitors how an individual walks on a treadmill to assess the most suitable kind of shoe for that person.

Other aspects of fall prevention included learning how to adjust heights when performing certain tasks, for example, placing some comfortable pillows on our laps to elevate books to an appropriate height so that our necks are not strained while reading that riveting novel, and proper use of aids such as a walker or cane.

Fall prevention continued

Bridget emphasized posture and avoiding/removing any obstacles in the pathways of our home such as area rugs or anything that could be a tripping hazard, as well as ways to ensure safety by adding bars to showers and making sure that spills are promptly cleaned up to avoid slippery areas.

The importance of exercise in maintaining tone and flexibility by devoting daily time to some exercise including walking was another take home message. Handouts were distributed with several manageable exercises for all of us. Good nutrition for bone health was also stressed. Bridget mentioned eating a rainbow of colors at each meal which translates to balancing different colors of vegetables, fruits, meats, and fish, sprinkled with lighter portions of carbohydrates. She emphasized the importance of staying well hydrated to avoid muscle cramping and trying four or five smaller meals a day rather than the traditional three.

A very significant message Bridget left with us is that everyone will benefit from exercise and good nutrition which in turn often translates to sounder sleep at night. We are going to invite Bridget back, perhaps in the late spring, to take us on a food shopping mission (she is often hired by clients to "educate" them in how to purchase healthier foods by really examining labels) and offer a cooking demonstration in our temple kitchen. We hope everyone in our congregation will take full advantage of this opportunity. *Susan Cohen*

Send Us Your Photographs

For those members and friends who take pictures at any of our BSTC events, please think about sharing them. We'd love to upload them to our BSTC Facebook page as well as our website photo gallery. Send them to Mike Finkelstein at mfinkel2@cox.net and cc it to Danielle Wernick at dvwest1@aol.com, as well. Thank you.

Another way to help BSTC: Fry's Community Reward Program

Do you shop at Fry's? Do you have a Fry's VIP Card? Would you like to make money for Beth Shalom Temple Center without it costing you anything?

If you answered "YES" to these questions, then you need to enroll in the **Fry's Community Rewards Program**. Here is all that you need to do...

1. Visit www.frysfood.com
2. Register your Fry's VIP Card online
3. Search for Beth Shalom Temple Center, or by organization **#77412**
4. Select "Enroll"

That is all that you need to do. Fry's will send a percentage of your purchases directly to the Temple. If you are not a Fry's VIP Card holder, just stop by your nearest Fry's and ask for a free application. It will only take minutes to get your VIP Card.

Please let me know if you have any questions.

Thank you,

Joyce Finkelstein

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